

2000

### 2000 Media Guide

George Fox University Archives

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GEORGE FOX UNIVERSITY

# CROSS COUNTRY

2000 MEDIA GUIDE



*George Fox  
University*

# Rosters

Men's Team	Ht.	Wt.	Yr./El.	Hometown/Previous School
Matt Burg	5-10	135	Fr./Fr.	Newberg, Ore. (Newberg HS)
Bjorn Doskeland	5-11	145	Fr./Fr.	Boise, Idaho (Nampa Christian HS)
Jackson Esselman	6-1	175	Jr./Jr.	Bellevue, Idaho (Wood River HS)
James Eubank	5-8	155	So./So.	Astoria, Ore. (Astoria HS)
Matt Gerber	6-5	180	So./So.	LaGrande, Ore. (LaGrande HS)
Will Howard	5-10	156	Fr./Fr.	Caldwell, Idaho (Caldwell HS)
Michael Owen	6-0	166	So./So.	Anchorage, Alaska (Grace Christian HS)
Nathan Paisley	6-0	158	Jr./Jr.	Salem, Ore. (North Salem HS)
Nicholas Ryland	5-10	148	So./So.	Cheyenne, Wyo. (East HS)
Forrest Towne	5-11	145	Jr./Jr.	Springfield, Ore. (Thurston HS)
Silas Towne	5-10	140	So./So.	Springfield, Ore. (Thurston HS)
Bret Vogel	6-2	160	Jr./Jr.	Hillsboro, Ore. (Hillsboro HS)
Will Vollstedt	5-9	135	Fr./Fr.	Portland, Ore. (Benson HS)
Steve Willmer	6-3	175	Jr./So.	Fullerton, Calif. (Brea Olinda HS)

Women's Team	Ht.	Yr./El.	Hometown/Previous School
Katherine Burley	5-4	So./So.	Portland, Ore. (David Douglas HS)
Colleen Forbes	5-8	Jr./Jr.	Jackson, Wyo. (Jackson Hole HS)
Janelle Goeres	5-4	Fr./Fr.	Sams Valley, Ore. (Crater HS)
Shannon Larson	5-2	Jr./So.	Forks, Wash. (Univ. of Washington)
Cheri Laulainen	5-7	Fr./Fr.	Ridgefield, Wash. (Ridgefield HS)
Emily Martinez	5-1	So./So.	Gresham, Ore. (Gresham HS)
Jamie McElwain	5-5	Sr./Sr.	Tigard, Ore. (Tigard HS)
Melissa McKenzie	5-5	So./So.	Colorado Springs, Colo. (Colorado Springs Christian HS)
Marisa Merritt	5-5	Sr./Sr.	Portland, Ore. (Westside Christian HS)
Elizabeth Moyer	5-5	Fr./Fr.	Camarillo, Calif. (Rio Mesa HS)
Tiffany Nelson	5-6	Fr./Fr.	Kent, Wash. (Kentrige HS)
Tamara Newhouse	5-8	Jr./Jr.	Dundee, Ore. (Open Bible Christian School)
Kirsten Norgaard	5-5	Jr./Jr.	Everett, Wash. (Everett HS)
Rosie Ofstie	5-10	Jr./Jr.	Amity, Ore. (Amity HS)
Rebecca Rising	5-4	Jr./Jr.	Sanger, Calif. (Tulare Western HS)
Laurel Starr	5-4	Jr./Jr.	Yakima, Wash. (West Valley HS)
Mimi Van Hooser	5-8	So./So.	Oxbow, Ore. (Pine Eagle HS)

Men's and Women's Head Coach: Wes Cook

## George Fox Cross Country Quick Facts

### University Information

Location: . . . . .Newberg, Oregon (17,355)  
 Mailing Address: . . . . .414 N. Meridian St., Newberg, OR 97132  
 Founded: . . . . .1891  
 Denomination: . . . . .Evangelical Friends (Quakers)  
 Enrollment: . . . . .2,636  
 President: . . . . .Dr. David Brandt  
 Faculty Athletic Rep: . . . . .Diane Wood  
 Switchboard Phone: . . . . .503-538-8383  
 Website: . . . . .www.georgefox.edu

### Athletics Information

Nickname: . . . . .Bruins  
 Colors: . . . . .Navy Blue & Old Gold  
 Affiliation (yrs): . . . . .NCAA Division III (2nd)  
 Region: . . . . .West Region  
 Conference (yrs): . . . . .Northwest Conference (6th)  
 Director of Athletics: . . . . .Craig Taylor 503-554-2911  
 Associate Director of Athletics: . . . . .Pat Bailey 503-554-2914  
 Athletics Secretary: . . . . .Patty Findley 503-554-2910  
 Athletics Trainer: . . . . .Dale Isaak 503-554-2916

Assistant Athletic Trainer: . . . . .Karen Hostetter 503-554-2922  
 Athletics FAX: . . . . .503-554-3864

### Sports Information Office

Sports Info Director: . . . . .Blair Cash  
 Phone: . . . . .Office 503-554-2127, Home 503-554-8067  
 E-mail: . . . . .bcash@georgefox.edu  
 Student Assistant SIDs: . . . . .Brian Durick, John Felton, Ernie Sturzinger  
 Office Phone: . . . . .503-554-2139  
 Marketing & Promotions: . . . . .Michelle Becker  
 Office Phone: . . . . .503-554-8246  
 Sports Information FAX: . . . . .503-554-3830

### Coaching Staff

Head Coach: . . . . .Wes Cook 503-554-2912  
 Alma Mater: . . . . .(Northern Colorado '61)  
 Years at GFU: . . . . .13

### Team Information

Home Course: . . . . .Champoeg State Park, St. Paul, Oregon  
 1999 NWC Finish: . . . . .Men 2nd, Women 5th  
 1999 Region Finish: . . . . .Men 8th, Women 12th  
 1999 National Finish: . . . . .None  
 Letterwinners Back/Lost: . . . . .Men 9/6, Women 10/6

*On the cover: sophomore Steve Willmer,  
 1999 women's team at the starting line*

## Outlook

# Run to Daylight

The Bruins will benefit from a good nucleus of returnees as both the men and women look to climb in the NWC.

It is only one more step up for the George Fox University men's cross country team to reach the top of the Northwest Conference, while the Bruins' women's team has a little bit further to climb. Both teams return a solid core of runners, however, who lend hope to their title aspirations in the fall of 2000.

The Bruin men ran second in the conference race to the University of Puget Sound, year-in and year-out one of the nation's best Division III programs. The Bruin women finished fifth in the standings behind league champion Whitman College. The men lost six letterwinners and the women three, but there are nine returning runners for the men and 10 for the women, giving coach Wes Cook a good nucleus around which to work in his newcomers.

"One of the most encouraging signs that came out of our early-season workouts," says the veteran of 13 George Fox cross country seasons, "was the groupings in our time trials. Our top eight women were all within 50 seconds of each other, with three or four others not far behind. Our top eight men, four of them freshmen, were within 44 seconds of each other. It actually helps in a race to have several people close together, even if they're not in, say, the top 10, because they take up several of the counting positions when the scores are added up. Of course, the ideal would be to have them all bunched at the top!"



Freshmen Will Vollstedt (left) and Will Howard

### Men

"Our men did an outstanding job last year," says Cook, pointing to the team's second-place finish in the NWC meet, the highest place for the Bruins since their first conference season in 1995. "We lost a good one in Brandon Workman (a senior who was both All-Conference and All-West Region) and another strong runner in (senior) John Mantalas, but our top two returning runners from last year give us a good foundation."

Cook was referring to **Steve Willmer** (So., Fullerton, Calif.), another All-Conference, All-West Region performer last fall, and **James Eubank** (So.,

Astoria, Ore.), who missed by only one spot of making both All-NWC and All-Region. Willmer has been hampered in the early going by recurring back problems, but is a team leader when he's at 100 per cent with the potential to be a national qualifier.

**Michael Owen** (So., Anchorage, Alaska), **Jackson Esselman** (Jr., Bellevue, Idaho), and **Forrest Towne** (Jr., Springfield, Ore.) are returning runners who will be counted on to produce plenty of points for the Bruins. Also back and continuing to show improvement every time out are **Nathan Paisley** (Jr., Salem, Ore.), **Nicholas Ryland** (So., Cheyenne, Wyo.), and **Silas Towne** (So., Springfield, Ore.), Forrest's younger brother.

Newcomers who have shown promise in the early going include **Will Vollstedt** (Fr., Portland, Ore.), **Will Howard** (Fr., Caldwell, Idaho), **Bjorn Doskeland** (Fr., Boise, Idaho), and **Matt Burg** (Fr., Newberg, Ore.). **Bret Vogel** (Jr., Hillsboro, Ore.) comes from what Coach Cook calls "a good distance family," but chronic foot problems have hampered his development. Also getting a look will be **Matt Gerber** (So., LaGrande, Ore.).

### Women

Injuries played a significant role in the Bruins' frustrating second half of the season in '99, particularly a stress fracture to the left foot of lead runner **Marisa Merritt** (Sr., Portland, Ore.). She appears fully recovered, and will team up with **Jamie McElwain** (Sr., Tigard, Ore.) to give the Bruins a solid one-two punch. Three other returning

# Outlook



Senior Jamie McElwain

runners being counted on for good seasons — **Mimi Van Hooser** (So., Oxbow, Ore.), **Laurel Starr** (Jr., Yakima, Wash.), and **Rebecca Rising** (Jr., Sanger, Calif.) — have fought injuries in the preseason workouts, but will make a positive impact once they are fully recovered.

**Colleen Forbes** (Jr., Jackson, Wyo.) “has been our most pleasant surprise,” says Cook. “She runs track for us and has always been a sprinter, but has shown remarkable progress as a distance runner. **Katherine Burley** (So., Portland, Ore.) appears healthy after fighting injuries for four years; she hasn’t really run well since her sophomore year in high school.”

Other returning letterwinners the Bruins will rely on are **Shannon Larson** (So., Forks, Wash.), **Kirsten Norgaard** (Jr., Everett, Wash.), **Rosie Ofstie** (Jr., Amity, Ore.), and **Melissa McKenzie** (So., Colorado Springs, Colo.).

**Janelle Goeres** (Fr., Sams Valley, Ore.) heads a list of six newcomers who will get a shot at helping the team. Goeres was a 3A All-State performer as a senior with a personal record time of 19:02. Also being counted on will be **Cheri Laulainen** (Fr., Ridgefield, Wash.), **Emily Martinez** (So., Gresham, Ore.), **Elizabeth Moyer** (Fr., Camarillo, Calif.), **Tiffany Nelson** (Fr., Kent, Wash.), and **Tamara Newhouse** (Jr., Dundee, Ore.).

## Top Returnees – Men

- Steve Willmer . . . . .6-3, So., Fullerton, Calif., All-NWC, All-West Region in '99
- James Eubank . . . . .5-8, So., Astoria, Ore.
- Michael Owen . . . . .6-0, So., Anchorage, Alaska
- Jackson Esselman . . . .6-1, Jr., Bellevue, Idaho
- Forrest Towne . . . . .5-11, Jr., Springfield, Ore.

## Top Returnees – Women

- Jamie McElwain . . . . .5-5, Sr., Tigard, Ore.
- Marisa Merritt . . . . .5-5, Sr., Portland, Ore.
- Laurel Starr . . . . .5-4, Jr., Yakima, Wash.
- Kirsten Norgaard . . . .5-5, Jr., Everett, Wash.
- Rebecca Rising . . . . .5-4, Jr., Sanger, Calif.
- Katherine Burley . . . .5-4, So., Portland, Ore.
- Mimi Van Hooser . . . .5-8, So., Oxbow, Ore.

## Key Losses – Men

- Brandon Workman . . . .6-2, Sr., Moscow, Idaho, All-NWC, All-West Region in '99
- John Mantalas . . . . .6-0, Sr., Gladstone, Ore.
- Scott Oswald . . . . .5-7, Sr., Portland, Ore.
- Bryan Thompson . . . .5-9, Sr., Cave Junction, Ore.

## Key Losses – Women

- Shannon St. Lawrence . .5-7, Sr., Yakima, Wash.



Junior Kirsten Norgaard

# Men's Team

## Returning Runners



**Jackson Esselman**  
 Junior, 6-1, 175  
 Bellevue, Idaho  
 Wood River HS  
 1999 Best Times:  
 8k — 27:43.5  
 4m — 21:59.7



**Michael Owen**  
 Sophomore, 6-0, 166  
 Anchorage, Alaska  
 Grace Christian HS  
 1999 Best Times:  
 8k — 27:29.9  
 4m — 21:55.7



**Forrest Towne**  
 Junior, 5-11, 145  
 Springfield, Ore.  
 Thurston HS  
 1999 Best Times:  
 8k — 28:37.7  
 4m — 22:04.4



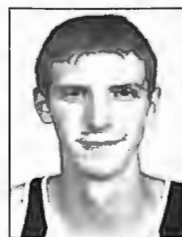
**James Eubank**  
 Sophomore, 5-8, 155  
 Astoria, Ore.  
 Astoria HS  
 1999 Best Times:  
 8k — 26:52.8  
 4m — 21:20.9



**Nathan Paisley**  
 Junior, 6-0, 158  
 Salem, Ore.  
 North Salem HS  
 1999 Best Times:  
 8k — 30:11.4  
 4m — 25:17.5



**Silas Towne**  
 Sophomore, 5-10, 140  
 Springfield, Ore.  
 Thurston HS  
 1999 Best Times:  
 8k — 28:41.3  
 4m — 23:58.3



**Matt Gerber**  
 Sophomore, 6-5, 180  
 LaGrande, Ore.  
 LaGrande HS  
 1999 Best Times:  
 8k — 39:38.2  
 4m — 29:34.5



**Nicholas Ryland**  
 Sophomore, 5-10, 148  
 Cheyenne, Wyo.  
 East HS  
 1999 Best Times:  
 8k — 30:07.1  
 4m — 23:20.1



**Steve Willmer**  
 Sophomore, 6-3, 175  
 Fullerton, Calif.  
 Brea Olinda HS  
 1999 Best Times:  
 8k — 25:19.9  
 4m — 20:26.2

## Newcomers



**Matt Burg**  
 Freshman, 5-10, 135  
 Newberg, Ore.  
 Newberg HS



**Will Howard**  
 Freshman, 5-10, 156  
 Caldwell, Idaho  
 Caldwell HS



**Will Vollstedt**  
 Freshman, 5-9, 135  
 Portland, Ore.  
 Benson HS



**Bjorn Doskeland**  
 Freshman, 5-11, 145  
 LaGrande, Ore.  
 LaGrande HS



**Bret Vogel**  
 Junior, 6-2, 160  
 Hillsboro, Ore.  
 Hillsboro HS

# Women's Team

## Returning Runners



**Katherine Burley**  
 Sophomore, 5-4  
 Portland, Ore.  
 David Douglas HS  
 1999 Best Times:  
 5k — 20:51.8  
 4k — 16:19.4



**Melissa McKenzie**  
 Sophomore, 5-5  
 Colo. Springs, Colo.  
 Colo. Springs Chr. HS  
 1999 Best Times:  
 5k — 21:38.7  
 4k — 17:41.5



**Rosie Ofstie**  
 Junior, 5-10  
 Amity, Ore.  
 Amity HS  
 1999 Best Times:  
 5k — 21:54.0  
 4k — 18:05.0



**Shannon Larson**  
 Sophomore, 5-2  
 Forks, Wash., Forks HS  
 Univ. of Washington  
 1999 Best Times:  
 5k — 20:58.0  
 4k — 17:58.3



**Marisa Merritt**  
 Senior, 5-5  
 Portland, Ore.  
 Westside Christian HS  
 1999 Best Times:  
 5k — 19:40.0  
 4k — 15:44.0



**Rebecca Rising**  
 Junior, 5-4  
 Sanger, Calif.  
 Tulare Western HS  
 1999 Best Times:  
 5k — 19:49.9  
 4k — 16:14.0



**Jamie McElwain**  
 Senior, 5-5  
 Tigard, Ore.  
 Tigard HS  
 1999 Best Times:  
 5k — 19:06.2  
 4k — 15:26.6



**Kirsten Norgaard**  
 Junior, 5-5  
 Everett, Wash.  
 Everett HS  
 1999 Best Times:  
 5k — 20:11.3  
 4k — 16:08.5



**Laurel Starr**  
 Junior, 5-4  
 Yakima, Wash.  
 West Valley HS  
 1999 Best Times:  
 5k — 20:10.0  
 4k — 16:02.1



**Mimi Van Hooser**  
 Sophomore, 5-8  
 Oxbow, Ore.  
 Pine Eagle HS  
 1999 Best Times:  
 5k — 20:31.3  
 4k — 17:03.8

## Newcomers



**Colleen Forbes**

Junior, 5-8  
Jackson, Wyo.  
Jackson Hole HS



**Emily Martinez**

Sophomore, 5-1  
Gresham, Ore.  
Gresham HS



**Tiffany Nelson**

Freshman, 5-6  
Kent, Wash.  
Kentridge HS



**Janelle Goeres**

Freshman, 5-4  
Sams Valley, Ore.  
Crater HS



**Elizabeth Moyer**

Freshman, 5-5  
Camarillo, Calif.  
Rio Mesa HS



**Tamara Newhouse**

Junior, 5-8  
Dundee, Ore.  
Open Bible  
Christian School



**Cheri Laulainen**

Freshman, 5-7  
Ridgefield, Wash.  
Ridgefield HS



Senior Marisa Merritt



## Head Coach

### Wes Cook

In his first 13 years as head coach of the George Fox University men's and women's cross country and track and field teams, Wes Cook turned the Bruins' name into a nationally recognized powerhouse in the National Association of Intercollegiate Athletics (NAIA). Now, with the Bruins having completed their first year as full-time members of the National Collegiate Athletic Association (NCAA), there is every reason to expect more of the same with Cook at the helm.

All four programs under Cook's leadership regularly participated in NAIA national meets and often finished among the top 15 teams in the nation. In 1992, following the men's fifth-place and women's second-place finishes at the national meet, *Cross Country Express* magazine declared his cross country program best in the nation at the NAIA level. In George Fox's final year in the National Christian College Athletic Association (NCCAA), his women's cross country team won the 1988 national title with a record low score of 19.



**Cook was named National Coach of the Year** in women's cross country by the NCCAA in 1988 and the NAIA in 1992. In the West Coast region (NAIA Area I), he won Coach of the Year honors for men's cross country in 1990 and 1992. At the district and conference level, he has been named Coach of the Year 12 times, at least once in each sport he coaches, including last year's Northwest Conference Women's Coach of the Year in track and field for guiding his charges to the conference championship. In 1992-93, he was named NAIA District 2 Coach of the Year for all women's sports.

Cook also was involved with the NAIA for several years as a national rater and served on the NAIA women's track and field games committee.

Cook's athletes won 80 NAIA All-American awards and 53 NAIA All-American Scholar-Athlete awards. In 1995, George Fox was the only school to put both men's and women's teams in the top five of the NAIA cross country national meet team scholastic competition. Last year, five Bruin cross country runners and three track and field athletes were named Academic All-Americans by their respective national coaches' associations. The 2000 women's track team had the second-highest cumulative GPA (3.56) in the country and the men were third (3.25).

**A Nebraska native**, Cook rose to the rank of Eagle in the Boy Scouts of America before becoming a four-time conference track scorer at the University of Northern Colorado. He set the UNC record in the 800 meters and helped the mile relay team

to four consecutive conference titles. He was the national winner of the Holmes Award, given to the most outstanding senior in Alpha Kappa Lambda, a national collegiate fraternity. In 1961, he graduated from UNC with a degree in physical education and history, and earned a Master of Arts in Teaching at Lewis & Clark College in 1975.

Cook served 26 years as a head coach at five high schools in three states. In his 15 years at Gladstone (Ore.) High School, his track and cross country teams finished as state champion or runner-up 10 times. His boys' cross country team went undefeated for 51 straight dual meets, and he was named Oregon 2A (now 3A) High School Coach of the Year for all sports three times. In 1983, his son Toby set the Oregon 3A state record in the 1,500-meter race.

**A member of the U.S. Track Coaches Association**, Cook has served as president of the Oregon Track and Cross Country Coaches Association and the Oregon Association of The Athletics Congress (now U.S. Track and Field). Active in the Fellowship of Christian Athletes and summer track and basketball camps, he has led four international tour teams and traveled to 15 countries. A frequent speaker at national clinics and seminars, he has also authored articles in various state and national publications.

Cook is associate professor of health and human performance at George Fox University, and has three adult children: Tammy, Toby and Brad.

## 1999 Results

## September

<u>Date</u>	<u>Event, Location</u>	<u>Finish (Points)</u>	<u>Winner (Points)</u>
4 Saturday	Inland Empire Classic (6k) Forest Sevice Nursery, Coeur d'Alene, Idaho	M: 4th of 8 (82) W: 7th of 8 (144)	North Idaho CC (53) Idaho (19)
11 Saturday	Lewis & Clark Invitational (8k) McIver State Park, Estacada, Ore.	M: 2nd of 9 (71) W: 6th of 8 (165)	Claremont-Mudd-Scripps (42) Claremont-Mudd-Scripps (39)
18 Saturday	<b>Bear Fete Invitational</b> <b>Champoeg State Park, St. Paul, Ore.</b>	<b>M: 2nd of 2 (29)</b> <b>W: 2nd of 2 (40)</b>	<b>Willamette (28)</b> <b>Willamette (19)</b>
25 Friday	UW Sundodger Invitational (M-8k, W-5k) Lincoln Park, Puget Sound, Wash.	M: 12th of 13 (340) W: 6th of 11 (161)	Utah (47) Northwest (45)

## October

<u>Date</u>	<u>Event, Location</u>	<u>Finish (Points)</u>	<u>Winner (Points)</u>
2 Saturday	Willamette Invitational (M-8k, W-5k) Bush Park, Salem, Ore.	M: 13th of 36 (335) W: 18th of 30 (468)	Team Spokane/Brooks (61) California-San Diego (72)
9 Saturday	Pacific Lutheran Univ. Invitational (M-8k, W-5k) Fort Steilacoom Park, Lakewood, Wash.	M: 10th of 19 (231) W: 9th of 19 (263)	Puget Sound (73) Central Washington (68)
16 Saturday	Willamette Open (M-4-mile, W-4k) Bush's Pasture Park, Salem, Ore.	M: 2nd of 5 (45) W: 4th of 4 (83)	Pacific Lutheran (33) Willamette (33)
30 Saturday	Northwest Conference Championships (M-8k, W-5k) McIver State Park, Estacada, Ore.	M: 2nd of 9 (66) W: 5th of 9 (167)	Puget Sound (41) Whitman (49)

## November

<u>Date</u>	<u>Event, Location</u>	<u>Finish (Points)</u>	<u>Winner (Points)</u>
13 Saturday	NCAA Division III Western Regional (M-8k, W-5k) McIver State Park, Estacada, Ore.	M: 8th of 15 (180) W: 12th of 14 (333)	Puget Sound (75) California-San Diego (57)

Home event in **bold**

# Records

## Men's Team Finishes

Year	National Finish	Conf./Dist. Finish	Coach
1967		# 7th	Dale Orkney
1968	<i>No Team</i>		
1969		# 6th	Burton Lamb
1970		# 7th	Burton Lamb
1971		# 4th	Don Lakin
1972		# 7th	Gayle Buckley
1973		# 8th	Gayle Buckley
1974		# 5th	Curt Ankeny
1975		# 4th	Rich Allen
1976		# 5th	Rich Allen
1977	22nd	# 1st	Rich Allen
1978		# 3rd	Rich Allen
1979		# 3rd	Rich Allen
1980		# 6th	Rich Allen
1981		# 6th	Rich Allen
1982		# 6th	Rich Allen
1983		# 6th	Rich Allen
1984		# 3rd	Rich Allen
1985		# 5th	Rich Allen
1986		# 8th	Rich Allen
1987		# 4th	Wes Cook
1988		# 5th	Wes Cook
1989	+ 9th	# 1st	Wes Cook
1990	+ 5th	# 1st	Wes Cook
1991	+ 8th	# 1st	Wes Cook
1992	+ 5th	# 1st	Wes Cook
1993	+ 17th	# 2nd	Wes Cook
1994		c 2nd	Wes Cook
1995	+ 9th	* 2nd	Wes Cook
1996		* 4th	Wes Cook
1997		* 4th	Wes Cook
1998	+28	* 5th	Wes Cook
1999		* 2nd	Wes Cook

- + National Association of Intercollegiate Athletics (NAIA) National Meet
- # NAIA District 2
- c Cascade Collegiate Conference Meet
- \* Northwest Conference Meet

## Women's Team Finishes

Year	National Finish	Conf./Dist. Finish	Coach
1978		= 4th	Randy Winston
1979			Randy Winston
1980		= 5th	Curt Ankeny
1981		= 5th	Curt Ankeny
1982	<i>No Team</i>		
1983	<i>No Team</i>		
1984		# inc.	Randy Renfro
1985	<i>No Team</i>		
1986		# 7th	Wendell Otto
1987		# 3rd	Wes Cook
1988	+ 8th / % 1st	# 1st	Wes Cook
1989	+ 10th	# 1st	Wes Cook
1990	+ 6th	# 1st	Wes Cook
1991	+ 5th	# 1st	Wes Cook
1992	+ 2nd	# 1st	Wes Cook
1993	+ 11th	# 1st	Wes Cook
1994	+ 7th	c 1st	Wes Cook
1995	+ 14th	* 2nd	Wes Cook
1996		* 6th	Wes Cook
1997		* 4th	Wes Cook
1998	+ 29th	* 7th	Wes Cook
1999		* 5th	Wes Cook

- = Women's Conference of Independent Colleges Meet
- + National Association of Intercollegiate Athletics (NAIA) National Meet
- % National Christian College Athletic Association (NCCAA) National Meet
- # NAIA District 2 Meet
- c Cascade Collegiate Conference Meet
- \* Northwest Conference Meet

The George Fox men's team prepares to take off at the NWC meet. Clockwise from left: freshman Will Vollstedt, junior Forrest Towne, junior Nathan Paisley, junior Jackson Esselman, freshman Bjorn Dorskeland, freshman Will Howard, sophomore Silas Towne, sophomore Steve Willmer, junior Michael Owen



## Men's All-Americans

Steve Blikstad	1976	NAIA (19th)
Scott Ball	1984	NAIA Scholar-Athlete
	1985	NAIA Scholar-Athlete
Todd Bos	1990	NAIA Scholar-Athlete
Jonathan Morse	1991	NAIA (21st)
	1992	NAIA (19th)
Jon Wright	1992	NAIA (13th)
Rolf Potts	1992	NAIA Scholar-Athlete
Matt Kirkpatrick	1991	NAIA Scholar-Athlete
	1992	NAIA Scholar-Athlete
Josh Kneeshaw	1993	NAIA Scholar-Athlete
Jon Ulmer	1994	NAIA Scholar-Athlete
	1995	NAIA Scholar-Athlete
	1996	NAIA Scholar-Athlete
Erik Gibson	1994	NAIA (25th)
Sean Beebe	1995	NAIA Scholar-Athlete
	1996	NAIA Scholar-Athlete
Dave Dixon	1995	NAIA Scholar-Athlete
	1996	NAIA Scholar-Athlete
Eli Lane	1995	NAIA (29th)
Scott Oswald	1999	NCAA Academic All-American

## Women's All-Americans

Kristin Lesperance	1988	NCCAA (4th)
Heather Morgan	1988	NCCAA (7th)
Diane Petersen	1988	NCCAA (5th)
Kristin Potts	1988	NCCAA (2nd)
	1989	NAIA Scholar-Athlete
	1990	NAIA Scholar-Athlete
Melanie Springer	1989	NAIA Scholar-Athlete
Jill (Jamison) Beals	1988	NCCAA (Champion)
	1988	NAIA (2nd)
	1990	NAIA Scholar-Athlete
	1990	NAIA (19th)
	1991	NAIA Scholar-Athlete
	1991	NAIA (6th)
Melissa (Wilson) Conley	1988	NCCAA (9th)
	1991	NAIA Scholar-Athlete
Oebbie Kintrea	1992	NAIA (30th)
Michelle Brown	1991	NAIA (11th)
	1992	NAIA (14th)
Phaydra Newport	1991	NAIA (18th)
	1992	NAIA (7th)
Marne VanSise	1992	NAIA Scholar-Athlete
Brooke Barton	1993	NAIA (30th)
Emily Bergman	1994	NAIA Scholar-Athlete
	1995	NAIA Scholar-Athlete
Sandy Taylor	1994	NAIA Scholar-Athlete
	1995	NAIA Scholar-Athlete
Stephanie (Rosen) Morrow	1994	NAIA (23rd)
Rebekah Ulmer	1994	NAIA (25th)
Jarae Kauffman	1995	NAIA Scholar-Athlete
	1996	NAIA Scholar-Athlete
Angela Linder	1995	NAIA Scholar-Athlete
	1996	NAIA Scholar-Athlete
Dawn Hartwig	1995	NAIA (7th)
Brooke Barton	1996	NAIA Scholar-Athlete
Rima Butler	1997	NAIA Scholar-Athlete
Heather Peterson	1997	NAIA Scholar-Athlete
Stacey Parker	1997	NAIA Scholar-Athlete
Melody McCart	1998	NAIA Scholar-Athlete

Alisha Howery	1998	NAIA Scholar-Athlete
Elania Lilagan	1999	NCAA Academic All-American
Kirsten Norgaard	1999	NCAA Academic All-American
Laurel Starr	1999	NCAA Academic All-American
Shannon St. Lawrence	1999	NCAA Academic All-American

## Men's Top 25 (8,000 Meters)

Rank	Time	Name	Location	Date
1.	24:22.0	Jonathan Wright	Salem, Ore.	10-05-91
2.	24:27.6	Jonathan Morse	Salem, Ore.	10-05-91
3.	24:33.3	Ron Marsh	Salem, Ore.	10-05-91
4.	24:57.9	Matt Kirkpatrick	Salem, Ore.	10-05-91
5.	24:59.7	Brandon Workman	Salem, Ore.	10-02-99
6.	25:01.0	Mark Mohnen	Salem, Ore.	10-07-89
7.	25:08.6	Jerred Gildehaus	Tacoma, Wash.	10-13-84
8.	25:11.3	Vanni Tilzey	Salem, Ore.	10-07-89
9.	25:16.7	Aaron Howard	Salem, Ore.	10-03-87
10.	25:19.9	Steve Willmer	Salem, Ore.	10-02-99
11.	25:23.0	Erik Gibson	Salem, Ore.	11-05-94
12.	25:26.1	Rolf Potts	Salem, Ore.	10-05-91
13.	25:31.6	Ed Sloan	Salem, Ore.	10-05-91
14.	25:33.2	Scott Ball	Salem, Ore.	10-06-84
15.	25:33.7	Sean Beebe	Salem, Ore.	9-02-96
16.	25:43.0	Kevin Ball	Tacoma, Wash.	10-15-83
17.	25:43.2	Jeff Larson	Salem, Ore.	10-05-91
18.	25:47.2	Todd Bos	Salem, Ore.	11-03-90
19.	25:47.8	Dwight Larabee	Salem, Ore.	10-08-85
20.	25:48.5	Eli Lane	Spokane, Wash.	11-04-95
21.	25:52.4	Jonathan Ulmer	Estacada, Ore.	11-06-93
22.	25:55.2	Doug McLucas	Salem, Ore.	10-05-91
23.	25:58.9	Josh Kneeshaw	Estacada, Ore.	11-06-93
24.	25:59.1	Mike Murphy	Salem, Ore.	10-05-91
25.	25:59.6	Larry Mock	Salem, Ore.	10-15-88

## Women's Top 25 (5,000 Meters)

Rank	Time	Name	Location	Date
1.	17:13.6	Juli Cyrus	Salem, Ore.	10-03-92
2.	17:16.0	Jill (Jamison) Beals	Salem, Ore.	10-05-91
3.	17:55.2	Phaydra Newport	Salem, Ore.	10-06-91
4.	18:04.8	Michelle Brown	Seattle, Wash. (Woodland)	9-21-91
5.	18:06.5	Dianne Petersen	Salem, Ore.	10-06-90
6.	18:08.8	Dawn Hartwig	Seattle, Wash. (Lincoln)	10-07-95
7.	18:20.0	Kristin Potts	Cedarville, Ohio	11-12-88
8.	18:27.0	Oebbie Kintrea	Salem, Ore.	10-03-92
9.	18:28.5	Jenny Campbell	Estacada, Ore.	9-18-93
10.	18:35.2	Brooke Barton	Salem, Ore.	9-02-96
11.	18:36.0	Stephanie Morrow	Kenosha, Wis.	11-19-94
12.	18:37.0	Rebekah Ulmer	Kenosha, Wis.	11-19-94
13.	18:53.7	Heather Morgan	Walla Walla, Wash.	9-16-89
14.	18:54.5	Angela Murrell	Salem, Ore.	10-06-91
15.	18:58.0	Kristin Lesperance	Cedarville, Ohio	11-12-88
16.	18:57.4	Marne VanSise	Salem, Ore.	10-05-91
17.	19:06.2	Jamie McElwain	Tacoma, Wash. (Steilacoom)	10-09-99
18.	19:10.0	Marisa Merritt	Tacoma, Wash. (Wright)	11-07-98
19.	19:11.0	Melissa Conley	Cedarville, Ohio	11-12-88
20.	19:11.3	Melanie Springer	Salem, Ore.	10-07-89
21.	19:14.47	Tori Taylor	Salem, Ore.	10-03-98
22.	19:15.8	Emily Bergman	Spokane, Wash.	11-04-95
23.	19:17.9	Heather Gilbert	Seattle, Wash. (Lincoln)	10-01-94
24.	19:18.8	Lisa Slocum	Salem, Ore.	10-18-81
25.	19:19.4	Sandy Taylor	Seattle, Wash. (Lincoln)	10-07-95

# Records

## Class Records – Men

<b>Seniors</b>		
24:33.3	Ron Marsh	1991
24:59.7	Brandon Workman	1999
25:06.8	Mark Mohnen	1990
25:08.7	Jon Wright	1992
25:16.4	Jonathan Morse	1992
25:33.3	Erik Gibson	1995
25:33.7	Sean Beebe	1996
25:43.2	Jeff Larson	1991
25:47.8	Dwight Larabee	1985
25:53.2	Vanni Tilzey	1990
25:55.2	Doug McLucas	1991
25:59.6	Aaron Howard	1991
25:59.6	Larry Mock	1988
26:00.0	Scott Celley	1981
26:08.6	Jonathan Ulmer	1996
26:13.0	Mike Murphy	1992

<b>Juniors</b>		
24:22.0	Jon Wright	1991
24:27.6	Jonathan Morse	1991
24:57.9	Matt Kirkpatrick Clemons	1991
25:01.0	Mark Mohnen	1989
25:11.3	Vanni Tilzey	1989
25:23.0	Erik Gibson	1994
25:26.1	Rolf Potts	1991
25:31.6	Ed Sloan	1991
25:31.7	Aaron Howard	1990
25:33.2	Scott Ball	1984
25:42.8	Sean Beebe	1994
25:43.3	Brandon Workman	1998
25:47.2	Todd Bos	1990
25:59.1	Mike Murphy	1991
26:05.6	Brandon Workman	1998

<b>Sophomores</b>		
25:14.5	Jonathan Morse	1990
25:23.1	Jerred Gildehaus	1985
25:23.8	Matt Kirkpatrick Clemons	1990
25:24.1	Jon Wright	1990
25:41.4	Aaron Howard	1989
25:48.2	Brandon Workman	1997
25:48.5	Eli Lane	1995
25:58.4	Erik Gibson	1992
25:58.9	Josh Kneeshaw	1993
26:04.8	Chuy Rome	1993
26:05.7	Vanni Tilzey	1988
26:14.0	Sean Beebe	1994
26:21.3	Geoff Olson	1993
26:30.0	Doug McLucas	1989
26:37.0	Curt Rosen	1994



Sophomore Steve Willmer

<b>Freshmen</b>		
25:08.6	Jerred Gildehaus	1984
25:16.7	Aaron Howard	1987
25:19.9	Steve Willmer	1999
25:43.0	Kevin Ball	1983
25:43.6	Erik Gibson	1991
25:52.4	Jonathan Ulmer	1993
26:02.3	Jonathan Morse	1989
26:02.8	John Aday	1982
26:15.2	Sean Beebe	1993
26:16.7	Eli Lane	1993
26:22.0	Jerry Street	1982
26:31.4	Geoff Olson	1992
26:33.4	Mike Murphy	1989
26:35.5	Phil Hughes	1991
26:36.5	Vanni Tilzey	1987
26:40.0	Scott Ball	1981

## Class Records – Women

### Seniors

17:16.0	Jill (Jamison) Beals	1991
17:34.3	Juli Cyrus	1993
18:04.6	Phaydra Newport	1992
18:06.5	Dianne Petersen	1990
18:08.8	Dawn Hartwig	1995
18:27.0	Debbie Kintrea	1992
18:36.0	Stephanie (Rosen) Morrow	1994
18:45.5	Kristin Potts	1990
18:59.5	Angela Murrell	1992
19:03.2	Bekah Ulmer	1997
19:07.9	Michelle Brown	1993
19:14.6	Marne VanSise	1992
19:15.8	Emily Bergman	1995
19:17.8	Melissa Wilson Conley	1991
19:19.4	Sandy Taylor	1995

### Juniors

17:13.6	Juli Cyrus	1992
17:42.0	Jill (Jamison) Beals	1990
17:55.2	Phaydra Newport	1991
18:26.8	Kristin Potts	1989
18:30.2	Michelle Brown	1992
18:35.2	Brooke Barton	1996
18:54.4	Angela Murrell	1991
18:57.4	Marne VanSise	1991
18:59.0	Dianne Petersen	1988
19:05.1	Stephanie (Rosen) Morrow	1993
19:06.2	Jamie McElwain	1999
19:09.0	Debbie Kintrea	1990
19:09.8	Kristin Lesperance	1989
19:11.3	Melanie Springer	1989
19:17.6	Heather Gilbert	1994
19:17.9	Dawn Hartwig	1994

### Sophomores

17:38.2	Juli Cyrus	1991
17:47.9	Jill (Jamison) Beals	1989
18:04.8	Michelle Brown	1991
18:15.0	Phaydra Newport	1990
18:20.0	Kristin Potts	1988
18:28.5	Jenny Campbell	1993
18:49.3	Bekah Ulmer	1995
18:51.9	Dawn Hartwig	1993
18:53.7	Heather Morgan	1989
18:56.0	Kristin Lesperance	1988
19:09.0	Debbie Kintrea	1990
19:10.0	Marisa Merritt	1998
19:12.8	Marne VanSise	1990
19:22.8	Melody McCart	1997
19:25.4	Angela Murrell	1990

### Freshmen

17:49.0	Jill (Jamison) Beals	1988
18:06.0	Michelle Brown	1990

18:08.6	Phaydra Newport	1989
18:28.6	Jenny Campbell	1992
18:37.0	Bekah Ulmer	1994
18:37.9	Kristin Potts	1987
18:42.0	Brooke Barton	1993
19:02.0	Heather Morgan	1988
19:11.0	Melissa (Wilson) Conley	1988
19:14.5	Tori Taylor	1998
19:18.8	Lisa Slocum	1981
19:27.8	Alisha Mulkey	1995
19:32.5	Mindy Fox	1991
19:33.9	Melanie Springer	1987
19:33.9	Kristin Lesperance	1987



Sophomore Katherine Burley

# About the University

**G**eorge Fox is growing in size and reputation. Enrollment has more than quadrupled in the last 15 years, increasing from 549 in 1986 to 2,636 in the fall of 2000.

In the same time span, George Fox has been named one of "America's Best Colleges" 13 times by *U.S. News & World Report*. In 2000, George Fox ranked second overall and first in aca-

demie reputation among Western regional liberal arts colleges. The magazine also named the University one of the region's best values among schools in its category.

George Fox offers unique programs to its students. Every incoming freshman is given a computer to use and keep upon graduation. When students reach their third year, they are eligible for the

Juniors Abroad program, in which the University pays transportation costs for an overseas study tour.

Early Willamette Valley Quaker settlers established Pacific Academy in 1885. The college division was organized in 1891 to provide more advanced instruction. In 1949, because of the many colleges in the Northwest with "Pacific" in their name, Pacific College was renamed George Fox College in honor of the founder of the Friends (Quaker) Church.

In 1996, with the addition of Western Evangelical Seminary, George Fox became a university, offering students a Christ-centered education and the choice of 35 undergraduate majors and nine graduate degrees. On Jan. 1, 2000, the seminary name was changed to George Fox Evangelical Seminary.

George Fox's most prominent alumnus is the late President Herbert Hoover, who attended the school while it was known as Pacific Academy.



## Background on the Bruin Nickname

**G**eorge Fox's Bruin nickname comes from a real bear captured in 1887 just two years after Pacific Academy (the University's predecessor) was established. The small cub was found in the Coast Range foothills west of Carlton when its mother was shot. The young cub was brought to campus by a student and later lived with a faculty member.

When it grew to adulthood, it was kept in a pit in Hess Creek Canyon south of the campus. It escaped one too many times and was turned into steak for the dining table and the hide preserved on a frame and displayed in an early campus museum. When the hide deteriorated several years later, it was taken to a campus furnace room to be destroyed, but the framework proved a problem in dismantling so it was left sitting in a corner.

Students found the old Bruin skin later and began skirmishes over ownership, a tradition that continues today. "Bruin Junior," a replica, under a set of guidelines passed down for years, is fought over periodically in class competition, with the class able to physically drag the Bruin replica off campus declared the rightful owner until next "flashed."

Even with the Bruin tradition, somewhere along the line, the "Quaker" tag for athletic teams came into popularity with sportswriters because of the University's church affiliation, and that nickname was used, along with the mascot "Foxy George," a little fox with a Quaker hat. Both gained acceptance for a period in the 1950s and 1960s until a vote of faculty, students and administration in 1970 reinstated the Bruin nickname to its rightful place.



# George Fox University Bruin Athletics

Intercollegiate athletics are an important part of George Fox University, home to one of the Northwest's most successful small-college sports programs. Winning programs, however, are accompanied by a proper balance between academics and athletics: George Fox teams are members of the Northwest Conference and compete in Division III of the National Collegiate Athletic Association, in which need and academic ability, not athleticism, determine scholarships and financial aid.

At George Fox University, intercollegiate athletic competition provides a practical application of what is learned in classrooms and practices. Student-athletes compete for conference and national titles at a Christ-centered university where professors and coaches help them grow in mind, body and spirit. The values of athletics are integrated with the goals of Christian higher education in a process that includes

- physical conditioning
- managing emotions
- courage
- teamwork
- cooperation
- being gracious in winning and losing

More than 15 percent of George Fox's traditional undergraduate students participate in the school's 13 varsity sports, seven for women and six for men. Their records over the years serve as shining testimonies to the administration's conviction that an institution can play for the glory of God, follow the rules and ethics of its governing organizations, and be successful on the fields and courts of competition.

Consider that:

- George Fox has earned district or conference titles in nine sports during the 1990s.

- George Fox athletes have earned more than 250 All-American and All-American Scholar-Athlete honors.
- Nine of the 11 coaches on staff have been named district or conference Coach of the Year at least once.
- George Fox coaches have held their positions for an average of nearly eight years, and together have accumulated more than 1,000 collegiate wins.



The 2000 George Fox University Cross Country Guide was produced by the Office of Sports Information in the Department of University Relations. Barry Hubbell, director. Writer and Editor: Blair Cash, sports information director. Writing and Editing Assistants: Sports information student assistants Brian Durick, John Felton, Ernie Sturzinger. Proofreading: Anita Cirulis, Susan Fawver. Design and Layout: Colin Miller. Photography: Anita Cirulis, Chijo Takeda. Printing: Michaels Printing, Tualatin, Oregon.





# 2000 Cross Country

## September

9	Saturday	Humboldt Invitational	Patrick's Point State Park, Arcata, Calif.
16	Saturday	Whitman Invitational	Fort Walla Walla Park, Walla Walla, Wash.
23	<b>Saturday</b>	<b>Bear Fete Invitational Bru-Running Alumni Homecoming</b>	<b>Champoeg State Park, St. Paul, Ore.</b>
29	Friday	National Preview Meet	Wandermere Golf Course, Spokane, Wash.

## October

7	Saturday	Willamette Invitational	Bush Park, Salem, Ore.
14	Saturday	Pacific Lutheran Invitational	Fort Steilacoom Park, Lakewood, Wash.
28	Saturday	Northwest Conference Championships	Fort Walla Walla Park, Walla Walla, Wash.

## November

11	Saturday	NCAA Division III West Regional	Prado Park, Chino, Calif.
18	Saturday	NCAA Division III National Championships	Wandermere Golf Course, Spokane, Wash.

### Home events in bold

For meet times: Please call George Fox University Sports Information at 503-554-2127.